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THE REEL GUYS GET SOME HELP IN SINKING THEIR TEETH INTO THE SAGA'S FINAL INSTALMENT PAGE 13

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OLYMPIC HONOUR

Regina's Kelly Parker, left, and Saskatoon native Kaylyn Kyle were among the province's Olympic athletes celebrated at the Saskatchewan legislature on Thursday. Both won bronze in London over the summer with the women's Olympic soccer team. More on this story, page 4. ALYSSA MCDONALD/METRO

Local centre unveils guides for CO2 storage

Technology. Canada-U.S. team of industry experts, researchers, regulators collaborate to set standards for safe carbon capture

Scientists have released what they say are the first guidelines on the best way to store carbon dioxide underground so that it doesn't get back out.

The hope is that companies will want to follow the standards to help reassure the public about the safety of carbon capture and persuade doubters about its validity.

The guidelines, officially known as CSA Z741, include looking at geology and whether CO2 could flow through a possible fault underground. They also set out requirements and recommendations for burying the greenhouse gas in a safe way.

They are not mandatory, but more of a template for the industry, said Carmen Dybwad, CEO of the Regina-based International Performance Assessment Centre for Geologic Storage of CO2.

The centre and the Canadian Standards Association brought together more than 30 industry experts, researchers and regulators from Canada and the U.S. to write the standards.

Dybwad says the standards should help reassure people of the technology's validity.

"Should we wean ourselves off (fossil fuels)? Yes," she said.

"What's going to be necessary is a whole change in energy systems, but that's not happening overnight. Matter of fact, nobody sees that realistically happening for the next 40 years ... so the bottom line is we're going to be using fossil fuels for a long time.

"Energy efficiency? Absolutely brilliant. Need to do that too. (We) need to start using more renewables," she said.

"But for those fossil fuels that are going to be burned, this is the only game in town."

THE CANADIAN PRESS

Climate change

- **How does it work?** Carbon capture and storage involves gathering CO2 from power plants and refineries and injecting it deep into a porous rock formation. The goal is to prevent the gas from entering the atmosphere and contributing to climate change.
- **Why is it needed?** Jurisdictions such as Saskatchewan that rely heavily on coal-fired power plants need carbon capture and storage to work. The province plans to reduce 2006 levels of greenhouse gases by 20 per cent by 2020.

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Movember

Mogress report: Sask. premier vs. P.E.I. premier

Saskatchewan Premier Brad Wall has more donations than fellow Movember participant P.E.I. Premier Robert Ghiz, but says it is no victory yet.

"He's got a good moustache going. It's no competition right now," said Wall after he received a Twitter mention with a picture of Premier Ghiz's moustache, nicknamed Magnum P.E.I.

Wall says no wager has been made "and now that I have seen his moustache, there won't be." The competition is friendly and Wall says the two premiers plan to donate to each other's campaigns. Wall has raised more than $5,700 so far.

METRO

Premier Brad Wall
METRO

U of S

Costs too high for aging campus

The University of Saskatchewan is suspending classes at one of its satellite campuses because the site needs major repairs and there is no money.

School officials say activities at the Kenderdine campus at Emma Lake north of Prince Albert will be suspended until 2016 while the future of the campus is re-examined.

Greg Fowler, acting vice-president of finance, says millions would be needed to bring the campus up to today's standards.

THE CANADIAN PRESS

The S.S. City of Medicine Hat in the Spring of 1907.
Source: Alberta Provincial Archives

An archival photo from the Alberta Provincial Archives shows the S.S. City of Medicine Hat carrying passengers in 1907. The ship would sink to the bottom of the South Saskatchewan River in 1908 after the vessel lost its rudder and crashed into Pier One of the Traffic Bridge. CONTRIBUTED

History fished from South Sask. River

S.S. City of Medicine Hat. Artifacts from sunken sternwheeler brought to surface

MORGAN MODJESKI
Metro in Saskatoon

Pieces of history over a century old were revealed Thursday by the City of Saskatoon.

Remains of the S.S. City of Medicine Hat, a steam-powered sternwheeler that sunk in the South Saskatchewan River in 1908, were discovered in August during load-testing work for Pier One of the Traffic Bridge.

According to Butch Amundson, senior archeologist with Stantec Consulting, the discovery of the artifacts was an important find, as they will provide a well-preserved piece of Saskatchewan history.

"The new information that comes from this — is the ship itself and the artifacts themselves are interesting in and of themselves — but the story that they will tell about the people on that ship is what we're really interested in," said Amundson.

He continued, "The collection of artifacts will tell us who these people were (and what kind of lives they had … it's an incidental or an accidental time capsule and it's really a golden opportunity to study what happened."

A size-10 men's boot, more than 100 years old, is one of the many artifacts brought up from the sunken S.S. City of Medicine Hat. ALYSSA MCDONALD/METRO

Artifacts included pieces of painted wood, metal parts, tableware, ceramics and clothing.

Susan Lamb, CEO of the Meewasin Valley Authority, said the find could help in the attempts to get the South Saskatchewan and Saskatchewan River heritage status.

"This is a very important story of our river and we're part of a team that's trying to get the South Saskatchewan and the Saskatchewan named a heritage river, which is a national designation," said Lamb.

"It's events like the one that happened in 1908 on the river that really make that story come alive and make our arguments all that stronger."

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$7.2M

Saskatchewan, Ottawa fund program to help producers control federal pastures

The Saskatchewan and federal governments will spend up to $7.2 million to help livestock producers assume control of 60 community pastures in the province.

The federal government has controlled these lands since the 1930s, but wants to start shifting responsibility for these pastures to the province starting next year.

Under the program the two governments will pay up to 75 per cent of the costs of helping producers set up business plans to take over the land.

If everyone eligible in Saskatchewan takes full take advantage of the program, it would cost the two governments $7.2 million.

THE CANADIAN PRESS

Infrastructure

Rural politicians want province to help improve road to success

Rural politicians in Saskatchewan want millions of extra dollars from the provincial government to improve roads battered and bruised by an economic boom.

The Saskatchewan Association of Rural Municipalities says roads are taking the brunt of year-round heavy truck traffic in the energy, potash and agriculture sectors.

The association is seeking $160 million in additional government funding over four years as part of a partnership to upgrade transportation infrastructure.

THE CANADIAN PRESS/CKOM

Silver medal winner Rachelle Wiinberg signs an autograph for a Grade 5 student at the Saskatchewan Legislature on Thursday. ALYSSA MCDONALD/METRO

Saskatchewan Olympians, Paralympians honoured

Reaching high. Group of 24 most esteemed athletes recognized for their excellence at the legislature

ALYSSA MCDONALD
regina@metronews.ca

Athletes, coaches and staff from were celebrated Thursday for their role in the 2012 Olympic and Paralympic games.

"To be honoured in a place like this is a great accomplishment and I mean, it's what gets me out of bed in the morning.

"People are like 'What's this medal mean to you' and this is family, friends, hard work, dedication and just fan support from back home," said Saskatoon native Kaylyn Kyle, pointing to the bronze medal around her neck.

Kyle won bronze in the 2012 London Olympics with the Canadian women's soccer team.

She was one of 24 people honoured at the Saskatchewan Legislature, including seven Olympians, six Paralympians and eleven coaches and staff. Out of the group, three people wore medals.

"It's fantastic. It's nice to have this recognition. Rowing seems to be popular once every four years so it's really great for the sport and I am glad to represent Regina," said Rachelle Viinberg, who left her third Olympic games with a silver medal in Rowing 8's.

Quoted

"To be honoured in a place like this is a great accomplishment and, I mean, it's what gets me out of bed in the morning."

Kaylyn Kyle, medalist

Money!

COC doubles cash, athlete hopes to go for gold

The celebration of athletes at the Saskatchewan Legislature comes just one day after the Canadian Olympic Committee announced it will nearly double its contribution to Olympic sports with approximately $100 million in funding over the next four years.

"Hopefully with more funding, we can do more camps, we can get good fields, good equipment and be able to bring home a gold medal to Canada for soccer," said Kaylyn Kyle about the pledge.

Through the Sports Participation Initiative, the provincial government invests $350,000 a year in Saskatchewan athletes.

ALYSSA MCDONALD/METRO

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Final call

Supreme Court denies appeal of Mountie-killer

The Supreme Court of Canada will not hear the appeal of Emrah Bulatci, an Alberta man convicted of killing a Mountie in the Northwest Territories. THE CANADIAN PRESS

Mallards and mares

Justin Trudeau, horse-fighter

Which would you rather fight: a horse-sized duck or 100 duck-sized horses? Justin Trudeau recently tackled the question in a P.E.I. student newspaper.

"Definitely 100 duck-sized horses," he said, noting the ferocity of Canadian geese. TORSTAR NEWS SERVICE

Justin Trudeau TORSTAR NEWS SERVICE

Northern neighbours

Russia silences native voices at Arctic Council

Canada is expressing concern about Russia shutting down a group that represents its northern aboriginals at international Arctic Council meetings. THE CANADIAN PRESS

Midland, Texas

Train crashes into veterans parade float, killing four

Authorities say at least four are dead and 17 others are injured after a train slammed into a parade float headed to a West Texas event honouring wounded veterans.

The crash happened at a Union Pacific railroad crossing around 4:30 p.m. Thursday. Officials say 10 of those injured are in critical condition, while the rest are stable.

The parade was supposed to end at a "Hunt for Heroes" banquet. The wounded service members were then going to be treated to a deer-hunting trip. THE ASSOCIATED PRESS

Number of doctors at all-time high

What's up? Docs. Proportion of physicians rapidly outpacing population growth and is getting better in rural areas

Rural surge

"The gap between the number of urban and rural family physicians is decreasing."

Geoff Ballinger, CIHI's manager of health human resources in a statement Thursday

A new report says that over the last five years, the number of doctors in Canada has increased at a rate three times faster than that of the population.

The Canadian Institute for Health Information says there were more than 72,500 physicians caring for patients in 2011, a rise of 14 per cent since 2007.

The Canadian population grew 4.7 per cent over the same time period.

Nova Scotia, Newfoundland and Labrador, and Quebec had the highest physician-to-population ratios, while Saskatchewan and Prince Edward Island had the lowest.

In 2011, 51 per cent of Canada's doctors practised family medicine, while 49 per cent were medical and surgical specialists.

The report also found that more doctors are practising in rural Canada compared to five years earlier, including 15 per cent of the country's general practitioners. THE CANADIAN PRESS

Unsolved problems

While rural regions have managed to attract new doctors with a number of programs, many areas are still badly understaffed.

- **Enderby, B.C.** will soon have only one doctor for its 3,000 residents. The northern Okanagan community previously had a total of five.

The inviolable right to life

Hanna Graham joins a candle-lit vigil protest outside Belfast City Hall in Northern Ireland on Thursday for Savita Halappanavar, the 31-year-old Indian woman who was 17-weeks pregnant when she died of blood poisoning after suffering a miscarriage in Galway, Ireland, on Oct. 28. Halappanavar's father, Andanappa Yalagi, said the combination of medical negligence and Irish abortion laws led to his daughter's death.

PETER MORRISONT/THE ASSOCIATED PRESS

Mafia. Inquiry reveals Mob intimidation tactics

Quebec's public inquiry is getting a glimpse into how the Italian Mafia used its muscle to maintain control of the construction industry in Montreal.

An out-of-town construction owner testified Thursday that he received multiple threats after bidding on contracts.

The Quebec City man, Martin Carrier, said he got a phone call at home in 2004. A man with an Italian accent warned him to stop working in the city.

Carrier asked the man for his name. That prompted a curt reply.

"Never mind who I am," the caller said. "Because the next time you won't be walking away from here ... Thank you and have a nice day."

Later, when he didn't back down, Carrier received a condolence card at his office. It was the kind of card sent to a grieving family after a death.

The printed side of the card said: "Sincerest condolences." In neat handwriting, on the other side, the card read: "Dear friend, stop bidding in Montreal. If not, your family will receive a card just like this one. Final warning." THE CANADIAN PRESS

Smoking. Can't sue Feds over Big Tobacco: Court

The Quebec Court of Appeal says the federal government cannot be sued or held liable for damages in lawsuits involving Big Tobacco.

And in a province where Big Tobacco is being sued for $27 billion, the ruling could have an impact on the landmark trial.

Tobacco companies have tried using the federal government to defend themselves in the case, saying their cigarette sales simply followed government guidelines. The companies say they will sue Ottawa to recoup damages if they lose the case.

The verdict was rendered late yesterday by the province's highest court.

It comes on the heels of a unanimous Supreme Court of Canada ruling in July 2011 that decided the federal government can't be dragged into court cases aimed at getting tobacco companies to foot the bill for smokers who get sick.

The latest Quebec ruling says the Supreme Court case, involving two lawsuits from B.C., is no different from the case in Quebec. THE CANADIAN PRESS

Europe. Obama urged to focus on climate change

The European Union's climate commissioner hopes that U.S. President Barack Obama's renewed attention to global warming after the election will translate into greater U.S. involvement in UN climate talks.

Connie Hedegaard told The Associated Press during a visit to Stockholm on Thursday that many Europeans were disappointed that climate change didn't get more attention during Obama's first term.

"But I hope that the re-elected president will pull his whole weight now into this area," she said.

Climate change was virtually absent during the campaign until Hurricane Sandy hit, so activists were elated when Obama mentioned the "destructive power of a warming planet" in his victory speech.

The president also addressed the issue in a news conference Wednesday, saying he hopes to begin his second term by opening a national "conversation" on climate change.

Obama took some steps in his first term, such as sharply increasing fuel efficiency standards for cars and trucks. THE ASSOCIATED PRESS

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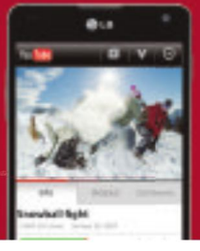

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Brazen attacks on Tel Aviv may trigger ground invasion of Gaza

Heaviest fighting in four years. Daily life at a standstill on both sides of the border

A woman photographs Israeli soldiers on top an armoured personnel carrier close to the Israel-Gaza border in southern Israel on Thursday. Israel's prime minister says the army is prepared for a "significant widening" of its operation in the Gaza Strip. Benjamin Netanyahu told reporters Israel has "made it clear" it won't tolerate continued rocket fire on its civilians. ARIEL SCHALIT/THE ASSOCIATED PRESS

Palestinian militants targeted densely populated Tel Aviv in Israel's heartland with rockets for the first time Thursday, part of an unprecedented barrage that threatened to provoke an Israeli ground assault on Gaza. Three Israelis were killed.

Air raid sirens wailed and panicked residents ran for cover in Tel Aviv, Israel's commercial and cultural capital. Israel responded by moving troops and heavy weapons toward Gaza and authorizing the call-up of tens of thousands of reservists.

There was no word on where the two rockets aimed at Tel Aviv landed, raising the possibility they fell into the Mediterranean. A third rocket landed in an open area on the southern outskirts of Tel Aviv. Those attacks came after Israel launched a ferocious air assault Wednesday to stop repeated rocket fire from Gaza. The powerful Hamas military chief was killed in that strike, and another 18 Palestinians have died over two days, including five children.

There were mounting signs of a ground operation. At least 12 trucks were seen transporting tanks and armoured personnel carriers toward Gaza late Thursday. Israeli TV stations said a Gaza incursion was expected on Friday, though military officials said no decision had been made.

"We will increase the attacks, and I believe we will obtain our objectives," said Lt. Gen. Benny Gantz, Israel's military chief.

Hamas, meanwhile, warned it would strike deeper inside Israel with Iranian-made Fajr-5 rockets, acknowledging for the first time it has longer-range weapons. THE ASSOCIATED PRESS

International reaction

- The White House says the U.S. strongly condemns the barrage of rocket fire from Gaza into Israel. Spokesman Jay Carney says there is "no justification" for the violence perpetrated by Hamas and other terrorist organizations.
- Egypt's Islamist president Mohammed Morsi, whose party is an ally of Gaza's Hamas rulers, recalled Egypt's ambassador to Israel in protest and on Thursday ordered his prime minister to head to the tiny Palestinian territory in solidarity.
- Iran is another close ally of Hamas rulers. Foreign Ministry spokesman Ramin Mehmanparast was quoted as calling the Israeli bombardment of Gaza "organized terrorism."

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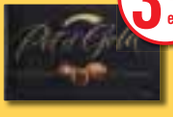

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SHOPPERS DRUG MART

BP to pay record $4.5B over Gulf oil disaster

Offshore oil. As part of settlement, firm will plead guilty on charges related to worker deaths and lying to Congress

In this April 21, 2010, file image provided by the U.S. Coast Guard, fire-boat response crews battle the blazing remnants of the offshore oil rig Deepwater Horizon in the Gulf of Mexico. U.S. COAST GUARD/THE ASSOCIATED PRESS FILE

A day of reckoning arrived for BP on Thursday as the oil giant agreed to plead guilty to a raft of criminal charges and pay a record $4.5 billion US in a settlement with the U.S. government over the deadly 2010 disaster in the Gulf of Mexico. Three BP employees were also charged, two of them with manslaughter.

The settlement and the indictments came 2 1/2 years after the drilling-rig explosion that killed 11 workers and set off the biggest offshore oil spill in U.S. history.

The settlement includes nearly $1.3 billion in fines — the biggest criminal penalty in U.S. history — along with payments to entities inside and outside government.

As part of the deal, the BP will plead guilty to charges related to the deaths of the 11 workers and to lying to Congress.

"We believe this resolution is in the best interest of BP and its shareholders," said Carl-Henric Svanberg, BP chairman. "It removes two significant legal risks and allows us to vigorously defend the company against the remaining civil claims."

Also, BP rig workers Robert Kaluza and Donald Vidrine were indicted on federal charges of manslaughter and involuntary manslaughters, accused of repeatedly disregarding abnormal high-pressure readings that should have been glaring indications of trouble just before the blowout.

In addition, David Rainey, BP's vice-president of exploration for the Gulf of Mexico at the time, was indicted on charges of obstruction of Congress and making false statements.

Prosecutors said he withheld information from Congress that indicated the amount of oil spewing from the blown-out well was greater than he let on. THE ASSOCIATED PRESS

Tax break for travel in Canada would be welcome, poll finds

Canadians are prepared to embrace the idea of a tax incentive for travelling within Canada, a new poll suggests.

A private member's bill tabled in the House of Commons by Liberal MP Massimo Pacetti proposes a tax credit for air, bus or train fares on non-business trips that cross at least three provincial borders.

Some 70 per cent of respondents to a recent Canadian Press-Harris/Decima poll expressed support for the idea. Regionally, almost eight in 10 respondents in Atlantic Canada liked it, with 75 per cent of those in British Columbia and Alberta in favour.

About four of every 10 people surveyed said they would be more likely to travel within Canada if the tax break was in place, the poll found.

Pacetti's Discover Your Canada Act would allow an income-tax deduction of 100 per cent of bus fares, 75 per cent on train tickets and 50 per cent for domestic flights, up to a maximum of $2,000.

As a private member's bill, the proposal is unlikely to become law, but Harris-Decima vice-president Patricia Thacker said a tax break of some kind could help reduce the country's big travel deficit.

"Our survey results show that Canadians need just a small push to consider — or to reconsider — travelling within Canada," Thacker said. THE CANADIAN PRESS

By the numbers

$4.2B

Canada's travel deficit — the difference between what travelling Canadians spend abroad and what foreign visitors spend here — hit $4.2 billion during the second quarter.

Market Minute

DOLLAR 99.87¢ (+0.25¢)

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Glum forecast. Eurozone falls back into recession

The 17-country eurozone has fallen back into recession for the first time in three years as the fallout from the region's financial crisis was felt from Amsterdam to Athens.

And with surveys pointing to increasingly depressed conditions across the 17-member group at a time of austerity and high unemployment, the recession is forecast to deepen, and make the debt crisis — which has been calmer of late — even more difficult to handle.

Official figures Thursday showed that the eurozone contracted by 0.1 per cent in the July to September period from the quarter before.

The decline reported by Eurostat, the EU's statistics office, was in line with market expectations and follows on from the 0.2 per cent fall recorded in the second quarter. THE ASSOCIATED PRESS

Definition

- A recession is commonly defined as two straight quarters of falling output.

Hall of fame. Star Wars figures make toy history

Star Wars action figures are joining centuries-old dominoes in the U.S. National Toy Hall of Fame's class of 2012, announced Thursday.

Star Wars action figures went on the market after the 1977 release of the classic movie. The figures of Han Solo, Chewbacca, R2-D2 and others were sold until 1985 and again from the mid-1990s to today.

Museum officials said their phenomenal popularity inspired other toy makers to tie their products to movies and television series, and they noted the toys' appeal extends to adults, who continue to collect them. Dominoes originated in China in the 1300s and appeared later in Europe in a slightly different form.

The two toys beat out plastic green army men, the board game Clue, the Fisher-Price Corn Popper, Lite-Brite, the Magic 8 Ball, the pogo stick, sidewalk chalk, the electronic game Simon, the tea set and Twister. THE ASSOCIATED PRESS

Renewable energy

Google invests in wind farm

Google is investing $75 million US in an Iowa wind farm as part of its effort to encourage development of cleaner energy sources.

The deal announced Thursday gives Google Inc. a stake in the Ropey Wind Farm in Greene County, Iowa. The wind farm is located about 210 kilometres northeast of Council Bluffs, Iowa, which is home to one the eight data centres that power Google's Internet search engine and other services. The Iowa data centre won't be getting power from the wind farm.

The high electricity demand of Google's massive data centres is one of the reasons the company backs energy projects that cause less pollution than traditional power plants. THE ASSOCIATED PRESS

Sales drop

McDonald's replaces head of U.S. operations

McDonald's Corp. is hoping a leadership shake-up for its U.S. business will help it fight off intensifying competition.

The world's biggest hamburger chain said Thursday that Jan Fields, president of McDonald's USA, will be replaced by Jeff Stratton, its global chief restaurant officer, effective Dec. 1. The announcement comes less than a week after the fast-food giant reported its first monthly sales drop in nearly a decade.

A McDonald's spokeswoman said CEO Don Thompson and Fields are long-time friends and that they discussed the need for a change at the top. THE ASSOCIATED PRESS

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THE UNDERBELLY OF NAVEL-GAZING

THE LIST
Paul Sullivan
metronews.ca

You don't need a weatherman to tell which way the wind blows; you just need The Metro List.

1 **Justin Trudeau for king.** It will probably end up as a formality, but the federal Liberal leadership race is on, so far pitting the sexy son of a legendary philosopher-visionary prime minister against somebody named Martha Hall Findlay. Gotta like them odds, Martha.

2 **Old white men just like to have fun.** Renowned for his strategic brilliance, Gen. David Petraeus also demonstrates that he can think with his little brain. After his affair with his biographer is revealed, Mrs. Petraeus is in shock if not awe. Now the old soldier would dearly love to fade away … or crawl back under a nice rock.

3 **Navel-gazing for science.** The belly buttons of 66 volunteers at a North Carolina university were examined and researchers announced they contained 2,368 bacterial species, 1,458 of which may be new to science. One belly button alone harboured 107 species. I realize I say this a lot, but I am not making this up.

4 **Why do lemmings jump over the fiscal cliff?** Let me get this straight. Unless the U.S. Congress and the president come up with a new plan, a series of budgetary changes mandated to take place in the new year will plunge the world into recession? Why do I have a bad feeling about this?

5 **Like THIS on Facebook.** The Israeli Defense Force blows up the car carrying the head of military operations for Hamas, immediately posts the attack on YouTube, and sends the following tweet: "Ahmed Jabari: Eliminated." Geez.

6 **And then there's Nik Lewis.** In another inappropriate tweet, the slotback for the Calgary Stampeders issues the following bulletin: "I just bought O-J's gloves on eBay. Now all I need is a white girl named Nicole." First we had computer viruses, now we have social media disease.

7 **Fifty million French persons outraged.** The French government apparently feels the need to save it citizens from Nutella, that hazelnut and chocolate spread that no French person can get through the day without. The Nutella tax, as it's being called, increases the price of the oil used to make Nutella by three times. What's next? Foie gras?

8 **Bieberwatch.** No doubt overwrought after his breakup with Selena Gomez over the weekend, Justin Bieber was pulled over by a Hollywood cop for making an unsafe left hand turn. How about that? He's old enough to drive. It's his second violation in six months. The other one was for driving without training wheels.

Been doing some navel-gazing lately? Betcha didn't know there's a whole kingdom of different species in there — some not even known to scientists yet. FLICKR

A man-made mandala

SUBHASH SHARMA/GUINNESS WORLD RECORDS PHOTOS

Guinness record

Indian dancers set world record

Thousands of participants take part in the largest kaikottikali, a traditional Indian dance, in Mumbai — an achievement to celebrate Guinness World Records Day on Thursday.

The eighth annual event brought together more than 420,000 people worldwide, attempting to break an array of unique and amazing records. METRO

Dance in numbers

2,639

participants in the kaikottikali dance, the largest ever event of its kind and a world-first: A dance of this scale is unprecedented.

Kaikottikali is a famous group-dance performed by women in the southwest Indian state of Kerala. This spectacle has eight to 10 women dancing in a symmetrical form. The dancers move in a circular pattern, accompanied by rhythmic hand-clapping, to the tune of the ritual song Thiruvathira pattu. As they move, they bend sideways, with their arms coming together in graceful gestures.

Other records

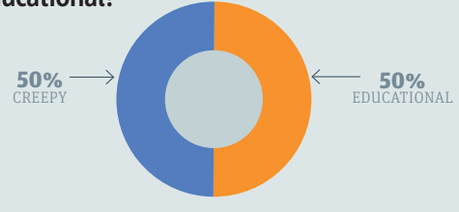
- **Most underpants worn.** 266 by Australian Steve Jacobs, who beat the previous record held by himself: 247.
- **Most people crammed in a Mini Cooper.** 28 is the new record for most people crammed in a modern Mini in London, England. Dani Maynard and her team beat the previous record by one person cramming in for a total of five seconds.

Graceful dance, yet smashes record: The world-first mass kaikottikali dance was organized by local charity Mumbai Pooram Foundation.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

A breast-feeding baby doll — creepy or educational?



Twitter

@colletteparks: Service lesson of the day: if you are going to detour traffic down a street, plow it first. (Took 10 minutes to get unstuck at lunch!) #yqr

@jenkew: If you have to drive anywhere, better to do it while you have @Metric cranked. I am so freakin pumped to see their show tomorrow. #yqr

@CToth306: Its not christmas yet guy who is walking two reindeer down the highway, and why do you have reindeer?!

@misskatelino: I'd rather spend my night crocheting, cleaning, prepping for OSCE, baking, Christmas shopping or doing anything other than working #stress

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Bella and Edward's immortal romance has just begun. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Going out with a fang

Breaking Dawn - Part 2. In this Reel Guys, Liz Brown, a TwiHard, helps skeptic Richard Crouse understand the final installment

Richard: Liz, this is it... or is it just the beginning of Edward and Bella's immortal romance? I don't know. All I know is the film franchise is over and it goes out with probably the most enjoyable movie of the bunch. It's out with the angst, and in with a newfound sense of fun. The previous movies struck me as overly ponderous; this one is actually quite funny, occasionally bordering on camp. And that's OK given that the story of vampire babies and ab-tastic werewolves is rather silly. Tell me, superfan, what did you think?

Liz: Richard, the first step is admitting you have a problem — and I do. I fell for the fang when I picked up Christopher Pike's The Last Vampire series in Grade 6. Twilight brought me back to that time — daydreaming about brooding, loner vampires and wishing I had superpowers. It seems in this last installment the franchise has whole-heartedly embraced its camp. I prefer my femmes to lean towards the fatale, so it was nice to see Kristen Stewart finally stop biting her lip and show us her blood-thirsty side.

RC: I agree! Four movies of brooding Bella and Edward's ennui was enough. The sad faces and staring off into space may have captured the pain of teen love, but, if you'll excuse the pun, they also sucked some of the lifeblood from the story. The newlyweds still share eternal love, but now they're having some fun. Edward, if you watch closely, even smiles occasionally. It's a big step from the first installments and, unsurprisingly, it makes for a more fun movie.

LB: I'm sorry Richard, I'm still firmly Team Jacob, so I didn't pay Edward much heed. But I'll agree — the actors are having fun in this final hurrah. The most fun for me? Jacob's semi-nude explanation of the supernatural. Judging from the cheers in the crowd, I'm not the only one who enjoyed it. But I was a little disappointed with the action scenes. I know it's a film for tweens, but couldn't the battles have a bit more style?

RC: I thought I heard you let out a squeal when Lautner stripped down. Don't worry. I won't tell anyone. The action scenes are bloodless for the most part. The Walking Dead makes this look like Sesame Street, but I liked the steely look of determination on Dakota Fanning's face throughout. I just hope she wasn't paid by the word for her mostly mute performance.

LB: Yes, Fanning's Jane doesn't get too many lines this time out, but overall this film is less talky than the others — and that's a good thing. I'm sad to bid farewell to the Cullens, but I'm certain they'll be happy in their "perfect piece of forever." My inner tween now anxiously awaits the next adventure of Katniss Everdeen.

Synopsis

It can be said that the world can be divided into two groups: Those who like the Twilight movies and those who don't get the vampire romance movies. We look at why fanpires are addicted to this undead love story.

- Richard: ●●●○○
- Liz: ●●●●○

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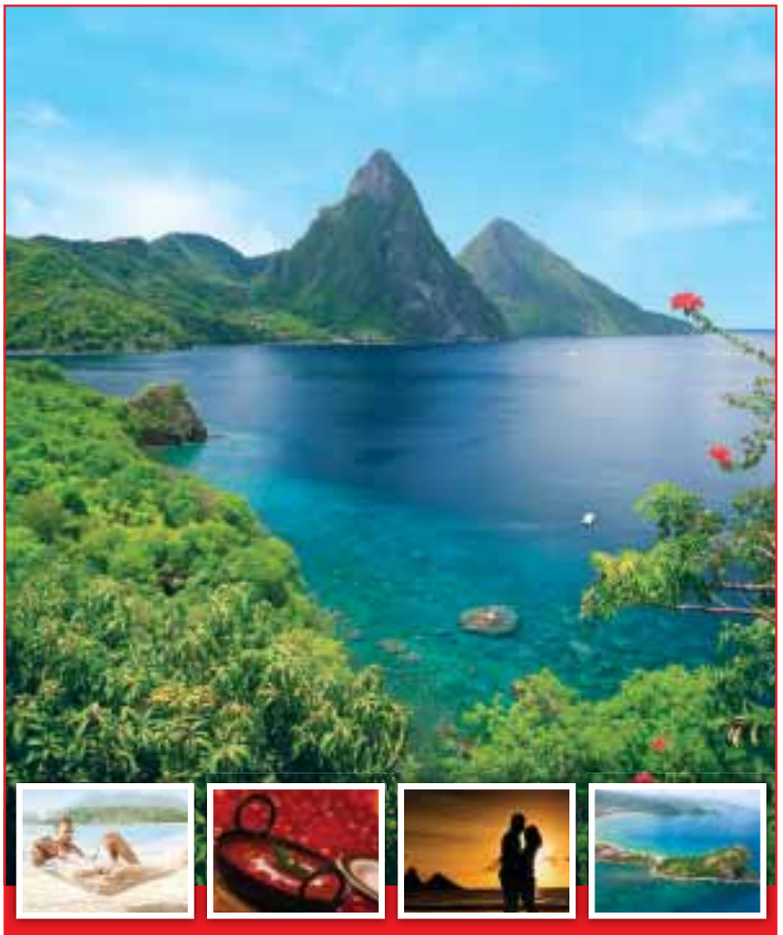

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The silver lining in a tough role

Silver Linings Playbook. Working with David O. Russell drew out raw performances in Bradley Cooper and Jennifer Lawrence

IAN GORMELY
scene@metronews.ca

Director David O. Russell is a rare breed of filmmaker whose name transcends the project it's attached to. Mark Wahlberg tried for years to get the Fighter made before Russell got on board — and just try explaining I Heart Huckabees to someone who's never seen it.

So it was with Silver Linings Playbook, the director's latest starring Bradley Cooper and Jennifer Lawrence.

"These are the kinds of films I dreamed about making as a kid," says Cooper, who cites Russell's Spanking the Monkey as a favourite of his.

Lawrence says she didn't even read the script before taking the part.

"Then I did and I was glad I said yes."

After having its world premiere at this year's Toronto International Film Festival the story of a mentally ill teacher trying to put his life back together won the fest's People's Choice Award.

What makes Russell's films so unique, says Lawrence, is his ability to make the audience sympathize with unsympathetic characters.

"He's the only filmmaker who gives audiences a choice not to like people."

Yes Russell has a reputation for being brutal with his actors.

A clip on YouTube called I Don't Heart Huckabees shows the filmmaker verbally berating actress Lily Tomlin on the set for Huckabees.

Russell explains that he likes working with actors who can figure out a scene on the spot.

Lawrence calls working with him "perfection," while Cooper says, "David has a unique ability to get people to go to their core instantaneously."

"The actors gave so much of themselves," says Russell. "We had choices in the editing room. We could have made them so much less likeable."

The rawness of their performances are on the screen. Cooper's character Pat has just been released from a court ordered mental institution and is prone to violent outbursts after moving in with his parents.

Despite a lack of social graces, Pat befriends Tiffany, a widowed sex addict played by Lawrence, who promises to get him in touch with his estranged wife.

Neither character's lives are clean says Russell. In fact they're quite messy, but both share their feelings and tell the truth.

Given the dark subject matter, that the film retains Russell's trademark black humour is a testament to the realness of the characters says Cooper.

"When that starts to happen it gets funny, it gets tragic — it gets real."

Quoted

"He's the only filmmaker who gives audiences a choice not to like people."

Jennifer Lawrence on David O. Russell's ability to make audiences sympathetic to unsympathetic characters.

Silver Linings Playbook, starring Bradley Cooper, opens next Wednesday. HANDOUT

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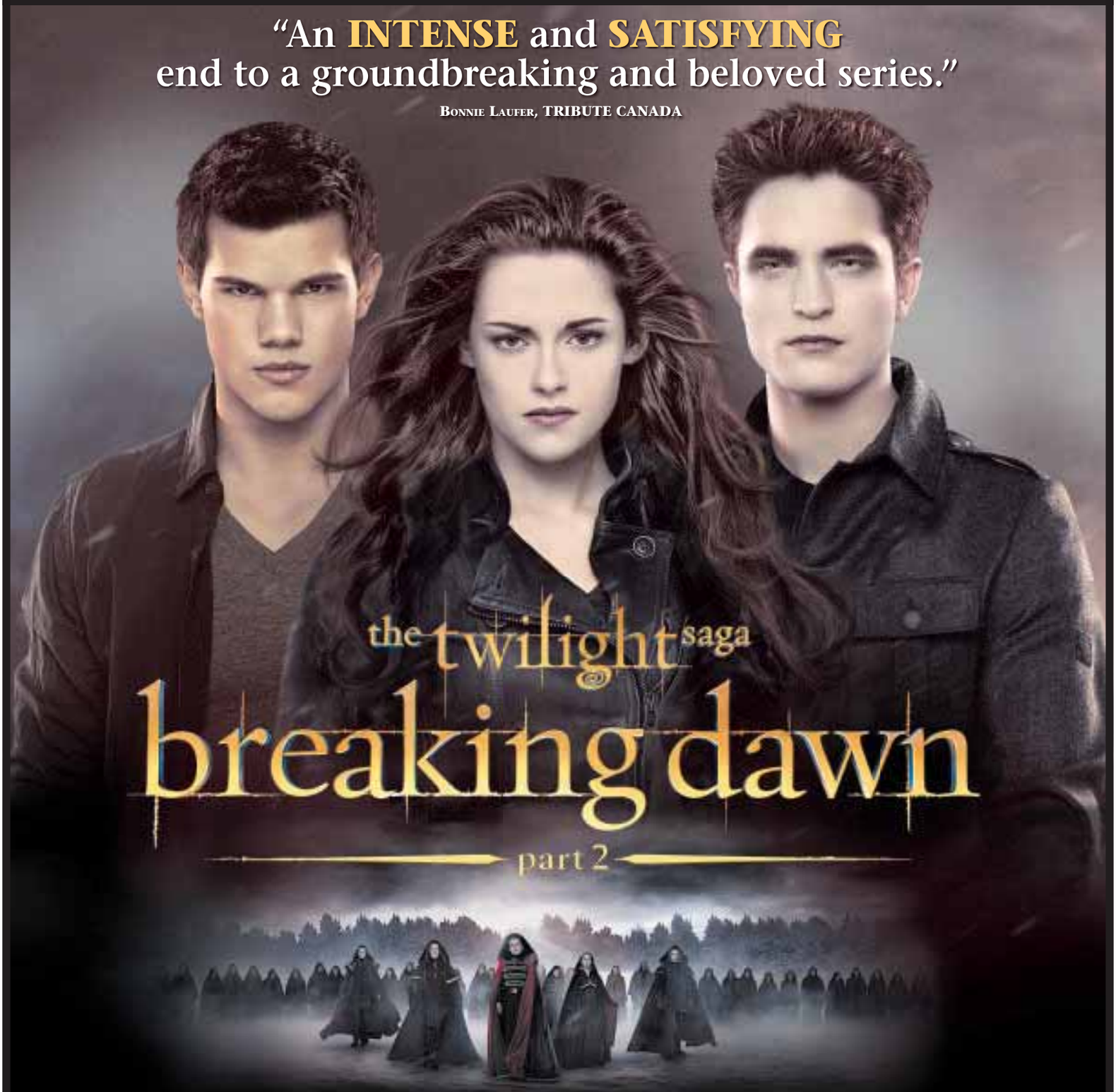

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Andre 3000 filmed the Hendrix biopic in Ireland. THE ASSOCIATED PRESS

Andre on trying to humanize Hendrix

Rock star biopic. Actor and musician aimed to find the regular guy inside guitar icon

In order to capture his best version of Jimi Hendrix for an upcoming biopic, Andre 3000 said he had to think of him as a regular dude and not a rock star.

"I didn't look at him as an icon because when you're in it, you don't know you're an icon. You don't know you're an icon until other people say you're an icon," the 37-year-old said in an interview Tuesday.

"So I had to take it as a person, you know what I mean? And I just tried to say, 'Well, what would Jimi want people to know that they can't get off of YouTube?' And that's how I approached it," he said.

Hendrix died at age 27 in 1970. He was ranked No. 1 on Rolling Stone magazine's greatest guitarists of all-time list. His band, The Jimi Hendrix Experience, is known for iconic albums such as Electric Ladyland and Are You Experienced.

All Is by My Side, which focuses on the early days of Hendrix's career, will be released next year. Andre 3000 is excited to see the film, which he's finished shooting in Ireland. He believes the public "will be pleased."

Andre 3000, one-half of OutKast with Big Boi, has been out of the music scene in recent years, although he's been featured on songs by Beyoncé, Frank Ocean, Rick Ross, Ke$ha and Young Jeezy.

OutKast's 2006 platinum-selling album, Idlewild, which accompanied a film of the same name starring the duo, was their last album. Their 11-time platinum Speakerboxxx/The Love Below won the 2004 Grammy Award for album of the year.

Big Boi, who released a solo album two years ago to welcoming reviews, will release a new solo disc, Vicious Lies and Dangerous Rumours, next month.

But Andre 3000 isn't in a rush to record an album.

"Some days I feel like I'll do it, some days I don't. Some days I feel like I don't need to, some days I feel like I want to do it before I die. So, I don't know where to fall. I am just hoping one day I get that inspiration," he said at an event for Gillette's eMO'gency Styler Tour, which supports men's health and prostate cancer programs. The tour kicked off in New York, with stops scheduled in Chicago and Houston.

"It's a feeling for me. Like, I can't just throw out an album to be rapping," he said. "And I don't even know if it will be rap. I don't even know what it will be."

However, he could find the inspiration and complete an album in just a few days: "It could be a rush situation. Like if I feel that feeling and I record an album in three days and I'm like, 'This is what I want to say right now' – that can happen, too."

He also says he's constantly writing songs.

"I write all the time ... I actually stopped typing it in my phone because like a cloud is basically reading every thought that I have and I don't like that," he said. "So I went back to my paper and started writing."

He's not sure fans want a new OutKast album for the right reasons.

"Man, we've had a great ride. ... Like when we got into it when we were high school kids and we just wanted to do something fun and push it, and if it's not that then why do it?" he said.

"I'm not the type that prescribes to nostalgia, and most people say they want an OutKast album because they used to love it. Y'all don't even know if y'all still love it. You just know you used to love it. But you may not like it now, who knows?"

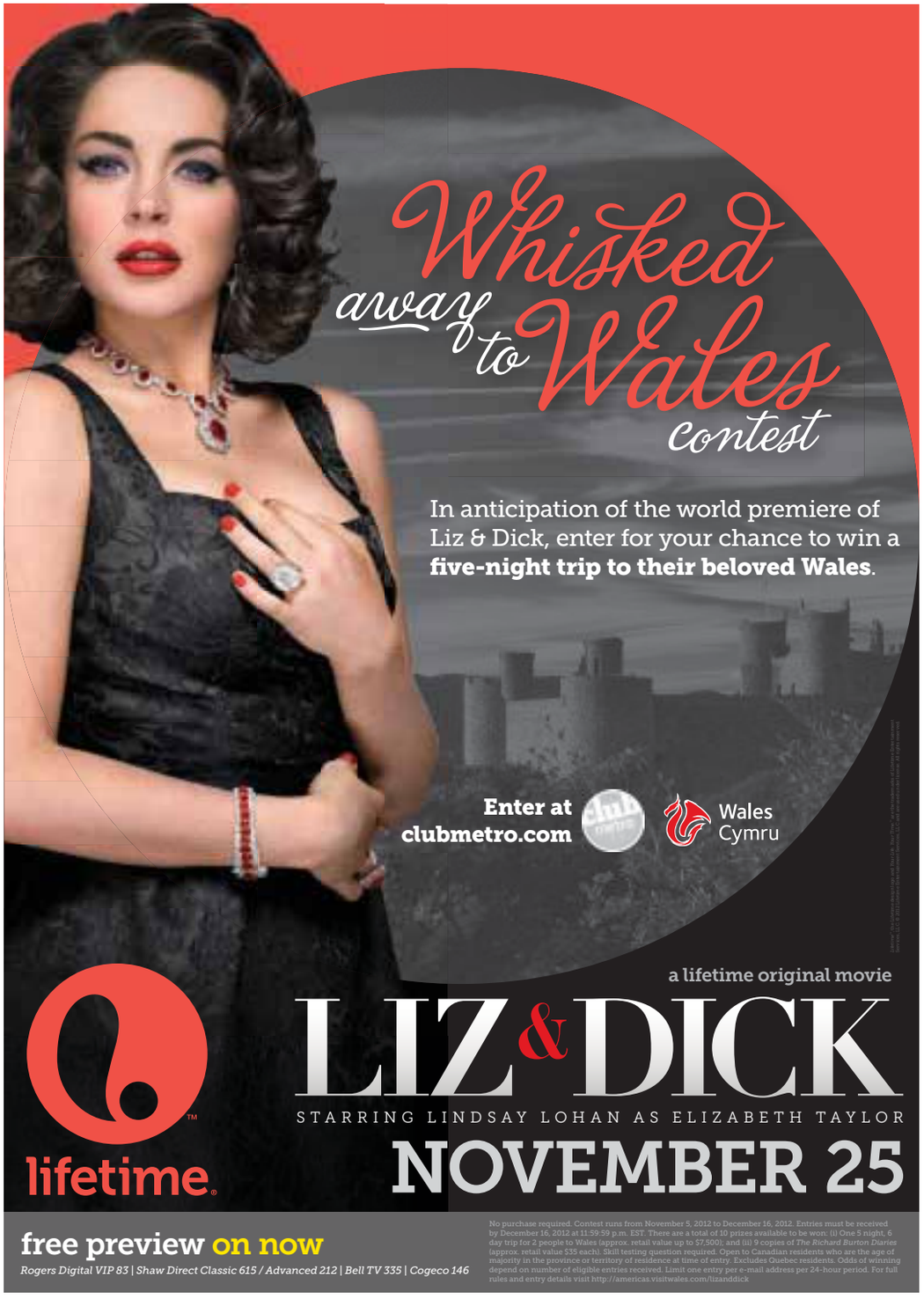
THE ASSOCIATED PRESS

Quoted

"It's a feeling for me. I can't just throw out an album to be rapping."

Andre 3000
When asked if he is bringing out a new record.

Jimi Hendrix, arguably the greatest guitarist ever, died tragically at the age of 27. HANDOUT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No purchase required. Contest runs from November 5, 2012 to December 16, 2012. Entries must be received by December 16, 2012 at 11:59:59 p.m. EST. There are a total of 10 prizes available to be won: (i) One 5 night, 6 day trip for 2 people to Wales (approx. retail value up to $7,500); and (ii) 9 copies of The Richard Burton Diaries (approx. retail value $35 each). Skill testing question required. Open to Canadian residents who are the age of majority in the province or territory of residence at time of entry. Excludes Quebec residents. Odds of winning depend on number of eligible entries received. Limit one entry per e-mail address per 24-hour period. For full rules and entry details visit http://americas.visitwales.com/lizanddick

Congratulations to Christian Matta

winner of the Art of Sharing theme from the Metro Global Photo Challenge!

Christian has won a $5,000 photography suite!

metro PHOTO CHALLENGE

Drama

Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field

Lincoln focuses on a short period in Honest Abe's career, zeroing in on the backroom politics that led to the passage of the anti-slavery 13th Amendment through the House of Representatives. The first glimpse of Daniel Day-Lewis as Abraham Lincoln feels like watching a Yankee five-dollar bill come to life. It's a remarkable performance in a movie filled with great acting. Tommy Lee Jones and Sally Field also impress, but it is director Steven Spielberg who really brings this ambitious and important story to life.

RICHARD CROUSE

Comedy

Collaborator

Director. Martin Donovan

Stars. Martin Donovan, David Morse

A witty and well-paced thriller starring Martin Donovan as a playwright who gets haplessly holed up with a gun-toting neighbour (the excellent David Morse). Besides being a witty deconstruction of hostage-film clichés, Collaborator offers some interesting observations about the writing process itself — in the end it's a film about how art imitates life rather than the other way around.

ADAM NAYMAN

Quoted

"It was such a moving experience I think because the winter was so hard with all the bad publicity and the insults."

The film was a chance for the residents "to have a place to speak for yourself and be recognized.

"There were a lot of old people who watched the film and they were just hugging me and (saying), 'Thank you'."

Acclaimed Abenaki filmmaker Alanis Obomsawin on recently screening her film The People of the Kattawapiskak River: The Story of the 2011 Housing Crisis for the people of Attawapiskat. The film puts a human face on a crisis in the Cree community in Northern Ontario that most people discovered in brief images of decrepit housing on the evening newscasts or in angry exchanges in the House of Commons. The community had declared a state of emergency on Oct. 28, 2011, and in the fallout Canada received a rebuke from the United Nations.

THE CANADIAN PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 16 TO THURS., NOV. 22. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

Cloud Atlas (14A) Fri 8:30 Sat-Sun 1:15-4:50-8:30 Mon-Thu 6:30
Here Comes the Boom (PG) Fri 7:15-9:50 Sat-Sun 1:45-4:20-7:15-9:50 Mon 8:55 Tue-Thu 6:05-8:55
Hotel Transylvania (G) Fri 6:35-9:15 Sat-Sun 1:25-4-6:35-9:15 Mon-Thu 5:55-8:15
The Man With the Iron Fists (18A) Fri 7:30-9:55 Sat-Sun 2:15-5:05-7:30-9:55 Mon-Thu 6:25-8:40
The Sessions (18A) Fri 6:50-9:20 Sat-Sun 1:35-4:25-6:50-9:20 Mon-Thu 5:30-7:50
Sinister (14A) Fri 8-10:30 Sat-Sun 2:05-4:35-8-10:30 Mon-Thu 6-8:35
Skyfall (PG) No Passes Fri 7:05-10:10 No Passes Sat-Sun 12:40-3:45-7:05-10:10 No Passes Mon-Thu 5:15-8:25 Star & Strollers Screening, No Passes Wed 1
The Twilight Saga: Breaking Dawn Part 2 (14A) No Passes Fri 6:45-7:45-9:40-10:25 No Passes Sat-Sun 1:10-1:50-4:05-4:45-6:45-7:45-9:40-10:25 No Passes Mon-Thu 5:35-6:15-8:10-8:50 Star & Strollers Screening, No Passes Wed 1
Wreck-It Ralph (G) Sat-Sun 2
Wreck-It Ralph 3D (G) Fri 7:50-10:20 Sat-Sun 5-7:50-10:20 Mon-Thu 5:40-8:05

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098

Argo (PG) Fri 4:10-7-9:55 Sat 1:15-4:10-7-9:55 Sun 1:10-4:05-10:35 Mon 6:55-9:45 Tue 9:30
Beethoven (STC) Sat 11
Flight (14A) Fri 4:05-7:30-10:30 Sat 1:25-4:25-7:30-10:30 Sun 1:10-4:05-7:30-10:30 Mon-Tue 7:15-10:20 Wed-Thu 7:25-10:25
Lady Antebellum: Own The Night World Tour (G) Tue 7:30
Life of Pi 3D (G) No Passes Wed-Thu 7:15-10:05
Lincoln (PG) No Passes Fri 3:35-6:55-10:15 No Passes Sat-Sun 12:20-3:35-6:55-10:15 No Passes Mon-Tue 7-10:15 No Passes Wed-Thu 6:55-10:15
The Metropolitan Opera: L'Elisir d'Amore Encore (STC) Mon 6:30
Pitch Perfect (PG) Fri 4:30-7:05-9:45 Sat-Sun 1:55-4:30-7:05-9:45 Mon 9:45 Tue 7:35-10:10
Red Dawn (PG) Wed-Thu 7:05-9:30
Rise of the Guardians 3D (G) No Passes Wed-Thu 7-9:25
Skyfall (PG) No Passes Fri 3:20-3:50-6:40-7:15-10-10:30 No Passes Sat 10:55-12:15-12:40-3:20-3:50-6:40-7:15-10-10:30 No Passes Sun 12:15-12:40-3:20-3:50-6:50-7:15-10-10:30 No Passes Mon-Thu 6:50-7:20-9:55-10:25
The Twilight Saga: Breaking Dawn Part 2 (14A) No Passes Fri 3:55-4:30-5:20-6:50-7:20-8:05-9:40-10:10-10:50 No Passes Sat 11-11:55-1:05-1:40-2:35-3:55-4:30-5:20-6:50-7:20-8:05-9:40-10:10-10:50 No Passes Sun 11:55-1:05-1:40-2:35-3:55-4:30-5:20-6:50-7:20-8:05-9:40-10:10-10:50 No Passes Mon-Tue 7:10-7:50-8:30-10-10:30 No Passes Wed-Thu 7:10-7:50-10-10:30
Wreck-It Ralph (G) Sat 10:55-12-2:40 Sun 12-2:40
Wreck-It Ralph 3D (G) Fri-Sun 5:15-7:45-10:20 Mon 7:45-10:20 Tue 7:25-9:50 Wed-Thu 7:30-10:05
WWE Survivor Series - 2012 (STC) Sun 7

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

Sea Rex: Journey to a Prehistoric World 3D (STC) Fri 12:30-3-5:30-8:15 Sat 12:30-3-5:30-7 Sun 12:30-3-5:30-8:15
To the Arctic 3D (G) Sat 1:45-4:15-8:15 Sun 1:45-4:15-7
Tornado Alley 3D (STC) Fri 1:45-4:15-7

Paradise Cinema
1011 N. Devonshire Dr., 306-522-7888

Here Comes the Boom (PG) Fri 7-9:20 Sat-Sun 1:10-3:50-7-9:20 Mon-Thu 7-9:20
Hotel Transylvania (G) Fri 6:50 Sat-Sun 1:30-4-6:50 Mon-Thu 6:50
Taken 2 (PG) Fri-Thu 9:30

Golden Mile
3806 Albert St., 306-359-5250

The Bourne Legacy (PG) Fri-Thu 1:10-3:45-6:35-9:20
Brave (G) Fri-Thu 1:25-4-6:55-9:35
The Campaign (14A) Fri-Thu 1:40-4-7-9:40
The Dark Knight Rises (PG) Fri-Thu 2-7:20
Frankenweenie (G) Fri-Thu 1:35-3:50-6:50-9:55
Ice Age: Continental Drift (G) Fri-Thu 1:30-3:50
Looper (14A) Fri-Wed 1:15-3:45-6:45-9:25 Thu 3:45-6:45-9:25 Thu 1
Ted (14A) Fri-Thu 6:40-9:45
Trouble With the Curve (PG) Fri-Thu 1:20-3:55-6:30-9:30

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

Barakat! (STC) Sun 9
The Battle of Algiers (STC) Sat 7
Collaborator (14A) Fri 7
Masquerades (STC) Sun 7
No Films Showing Today (STC) Mon-Tue
Rachida (STC) Sat 9
Stories We Tell (PG) Thu 7
Tabu (STC) Thu 9
Town of Runners (G) Fri 9
Wednesday Plus (STC) Wed 7

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How to Destroy Angels, Crystal Castles, Rolling Stones are make-or-break for labels

We're in the midst of the biggest avalanche of big-name releases of the year. Here are three more tracks:

SOUND CHECK
Alan Cross
scene@metronews.ca

On the web

Want to hear these tunes? Visit metronews.ca/scene to listen to Alan Cross's selections.

1 Keep It Together/How to Destroy Angels

Trent Reznor returns with a band featuring his wife, Mariqueen, and his soundtrack collaborator, Atticus Ross. Make sure you spell the title of the EP right: An Omen_ (that underscore is not a typo.)

2 Affection/ Crystal Castles

Canadian band living in London records their third album (cleverly entitled III) in Warsaw then goes to war against Katy Perry for "selling sex to kids." Fascinating.

3 Doom and Gloom/Rolling Stones

One of two new tracks on Grrr!, the new Rolling Stones greatest hits collection. Although the artwork is horrible, I still felt the need to drop $150 on the super-deluxe box set.

Rihanna. On board with a pop star as she kicks off her promotional 777-tour

Who wants champagne?

Rihanna serves true bubbly from a golden bottle into plastic cups, handing them out left and right to fans and journalists when walking down the centre isle of the private jet that are taking us to seven cities in seven days.

The superstar and her entourage sit in business class but now she is walking past our video cameras and iPhones, a tiny figure in a black top, sun glasses and gold jewelry.

There are journalists and fans from five continents and more than 30 countries on the plane. Take off is, of course, two hours late and the scheduled press conference is cancelled. Rihanna seems to be the only one who knows what's going to happen next. And that she likes to party is no secret either.

The welcome greeting is concluded with a "Let's get drunk!"

"This is what my life looks like. You better like it!" she says to her fans on the plane before returning to business class.

Jesper Melin, a 23-year-old plumber from Stockholm, is one of the lucky fans onboard. He was snoozing when Rihanna came past his seat.

Rihanna. GETTY IMAGES

"Are you asleep, baby? Here, have some champagne," she said to him.

Jesper's friend Daniel Thunell, 22-year-old tinsmith said hello to the superstar.

"It feels unreal and great. I took her hand, it was small and warm," he says.

The first show in Mexico City included many hits and one new song.

"She has changed style completely, it is so cool. Nice beats, it was great," says Jesper Melin. METRO WORLD NEWS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Guy Fieri responds to scathing New York Times review

Guy Fieri is understandably upset with the New York Times' withering review of his new Times Square restaurant, Guy's American Kitchen & Bar.

"I just thought it was ridiculous," Fieri says in an interview with the Today Show.

"There's good and there's bad in the restaurant business. That one went overboard."

The review, a series of criticizing questions posed to Fieri about the restaurant, service and dishes, including, "Why did the toasted marshmallow taste like fish?" "When we hear the words Donkey Sauce, which part of the donkey are we supposed to think about?" and, "When you hung that sign by the entrance that says, WELCOME TO FLAVOR TOWN!, were you just messing with our heads?"

METRO WORLD NEWS

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Lindsay lohan. ALL PHOTOS GETTY IMAGES

Love is all you need

Lindsay Lohan may have pinpointed the source of all her unhappiness. According to the troubled actress, she's never found true love.

"Love is scary and I'm yet to find that one person. Yes, I've been in love with people — maybe one or two — but I haven't really had a true love yet," she tells the Daily Mirror. I love being in love. There's nothing better than that first feeling of being in love, so I look forward to having that at some point."

Elizabeth Banks

Banks announces birth of second son

Elizabeth Banks and husband Max Handelman welcomed their second son recently, a baby boy named Magnus Mitchell Handelman, she announced on her Web site.

"As 2012 winds down and Thanksgiving approaches, I have much for which to be thankful — personal, professional, and Presidential. However, nothing can match the joy and excitement my husband and I felt when we recently welcomed our second baby boy," Banks writes. "Magnus joins older brother Feliz, thus commencing a decade or more of close hand-to-hand combat."

Both of Banks' children were born via gestational surrogate.

Justin Bieber

Poor driving lands Bieber in hot water

The bad news keeps coming for newly single Justin Bieber.

The Canadian pop star returned to L.A. and within 24 hours found himself pulled over by the sheriff's department for his poor driving skills, according to Hollyscoop.

"He was cited for an unsafe left turn and expired registration," a Los Angeles County Sheriff's Department spokesman says. Bieber is due in court January 14 for the citations.

Depp arranges private concert for daughter

Johnny Depp

Being the daughter of Johnny Depp certainly has its perks.

When the Pirates of the Caribbean star learned that British boy band One Direction was in Los Angeles last week, he had them come over to his home studio to give a private concert for daughter Lily Rose's 13th birthday, according to the Sun.

"He brought out his piano and guitars for the boys to test and they had a little jam session," a source says. "Lily Rose just watched with her blushing mates while her dad temporarily joined the world's biggest boy band."

Twitter

@ElizabethHurley
Thanku for humidifying tips!

@lancearmstrong
Back in Austin and just layin' around...

@JonahHill
Thanks for all the 21 Jump Street love. We're working on the sequel. It's so cool to work on it knowing people dug the 1st one.

@SarahSilverman
When a woman doesn't wanna get married she's a weirdo, when a man doesn't wanna get married he's George Clooney

Liquid Assets

A wine and pizza union

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It doesn't matter how you slice it: Canadians love their pizza. Fresh or frozen, baked in a wood-fired brick oven or from a neighbourhood take-out joint, the way we devour it almost makes you think that Italians discovered the Great White North.

While my quest for that perfect mix of dough, sauce and toppings has taken me everywhere from Naples, Italy to Sydney, Australia, I've discovered that the hunt for the perfect pie really begins at home.

Making a pizzeria style version in your own kitchen isn't rocket science — especially when you keep things simple like a Pizza Margherita: The classic Napoli pie that, with its combo of tomato, mozzarella and basil, was designed to mirror the Italian flag.

As a general rule, your average pizza is pretty vino friendly. Without meaty influences, a lighter, leaner red makes the ideal quaffable match. Bolla's 2011 Valpolicella Classico ($11.95 - $15.50) is a perennial by-the-glasser at in-the-know pizza parlours. Its soft, fruity blend of cherry and subtle spice makes as happy a marriage with a Margherita-style pizza as it does with a mainstream. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Master Italian with the Cake Boss

New cookbook. The TLC star shares 100 of his favourite recipes

IZABELA SZYDLO
life@metronews.ca

Sundays at Buddy Valastro's house are ruled by three f-words: food, family and football.

It's a day for the star of TLC's hit show Cake Boss to throw on his New York Giants jersey and munch on game snacks (wine, bread and prosciutto, in case you're wondering) while his wife, Lisa, whips up tomato sauce.

But the man behind Carlo's Bakery also knows his way around the kitchen — so much so that he has released Cooking Italian with the Cake Boss: Family Favorites As Only Buddy Can Serve Them Up.

The 100-recipe book features Italian-American dishes with signature touches that may just expand Valastro's boss reputation to boiling pots of potato gnocchi and simmering dishes of lasagna.

Buddy Valastro has released a new Italian cookbook. SUBMITTED

The book is dedicated to your wife. Who is really the boss in your kitchen?
I gotta give it up to my wife, she is definitely the boss of cooking in my house. She does 90 per cent of it. I wanted to dedicate a book to her and I'm so happy it's this one because a lot of the recipes are hers, so I feel like I didn't just steal from her.

I have to pit you against your mom and your wife, and ask, who is the best cook?
Oh, I'm definitely the best cook out of the three. They won't even try to deny it. My food has a lot more flavour profile to it. I attribute that to having a really unique palate. When I'm at a restaurant and I eat something, I can pick apart what's in it.

Is there anything you haven't mastered in Italian cooking?
I don't consider myself a master. I think that I'm a really good cook. I'm not intimidated to try anything. At the end of the day, nothing brings families together like food, but sometimes people get in a rut. Take my wife, God bless her, great cook … but she makes the same stuff every week. So I want the book to make people think, 'You know what? Instead of making plain veal cutlets, I'm gonna make Veal Saltimbocca. Let me try something new'.

Aside from Italian, what else do you like to cook?
Oh, I cook everything. My favourite is probably Asian.

Are we going to get a Cooking Chinese with Buddy book?
I don't know about cooking Chinese, but Buddy can make some damn good fried rice.

Recipe

Buddy's Pizza Margherita

1. Position rack in bottom of oven and set pizza stone on rack. Preheat to 450 F.

2. Lightly work surface and a pizza peel with cornmeal. Pat and stretch or roll out the dough to a 9- to 10-inch round. In one swift movement, lift the dough by one edge and drag it onto peel.

3. Use ladle to spoon sauce into centre of dough, then use back of ladle to spread it, leaving 1/2-inch border. Scatter mozzarella decoratively over pizza.

4. Open oven and carefully slide pizza onto stone. Bake until crust is golden brown and cheese bubbles, 10 to 12 minutes. Remove pizza with peel. Scatter basil over pizza, season with pinch of salt, and drizzle with extra-virgin olive oil.

5. Transfer pizza to a serving platter. Slice into 6 slices, and serve.

- Cornmeal, for dusting your work surface and pizza peel
- 1/3 Pizza Dough recipe (page 95) or store-bought pie
- 1/4 cup Pizza Sauce (page 97) or store-bought
- 4 oz fresh mozzarella, sliced into 1/4 -inch-thick rounds and drained on paper towels
- 6 leaves fresh basil
- Kosher salt
- Extra-virgin olive oil, for serving

ADAPTED FROM COOKING ITALIAN WITH THE CAKE BOSS BY BUDDY VALASATRO (SIMON & SCHUSTER, 2012)

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Taman talks trials and tribulations of 2012

CFL. Riders GM says final result disappointing, Durant still 'entrenched' as QB for next year

JEFF MACKEY
jeff.mackey@metronews.ca

The Saskatchewan Roughriders didn't have the season they wanted this year. The team went 8-10 only to lose a heartbreaking game to the Calgary Stampeders in the West Division semifinal.

"Frustrating is a good word for it, I think," said Roughriders general manager Brendan Taman on Thursday at Mosaic. "I think we obviously need to work on our consistency.

"Eight and 10 speaks for itself and it isn't good enough."

Still, the 2012 season is a vast improvement when juxtaposed with 2011's 5-13 campaign.

"Yeah, we did some good things but, coming off of the year we just came off of, it isn't hard to do better than that," said Taman. "So I am not doing cartwheels thinking we that had a good year."

While it may be difficult to predict what will happen to the roster in the off-season, one thing that will remain constant is Darian Durant as quarterback.

"I was very, very pleased with how he played," said Taman. "I think the organization as a whole is pleased we don't have to worry about our quarterback. He is entrenched as our starter."

The general manager also had complementary things to say about head coach Corey Chamblin's first season.

"He's been very good to deal with," said Taman. "He was very poised with a lot of the stuff that went on when we were down five games in a row. That can get to a lot of people really quick, but he handled it good and level headed."

Roughriders general manager Brendan Taman addresses the media Thursday afternoon at Mosaic Stadium. JEFF MACKEY/METRO

West semifinal fallout

George given 1-game ban for Tate hit

The CFL suspended defensive lineman Tearrius George of the Saskatchewan Roughriders for the opening game of the 2013 season for an illegal hit in last weekend's West Division final.

George was suspended after a hearing Wednesday with CFL commissioner Mark Cohon.

George delivered a helmet-to-helmet hit on Calgary quarterback Drew Tate in the second quarter of the Stampeders' 36-30 win over Saskatchewan on Sunday.

As a result of the Riders' playoff loss, George will sit out Saskatchewan's opening contest of the 2013 campaign.

THE CANADIAN PRESS

Roughriders defensive lineman Tearrius George during his time with the Dallas Cowboys in 2008. GETTY IMAGES FILE

Bull-riding finals promise plenty of fun

Saskatchewan's Aaron Roy is the top contender in the 2012 Professional Bull Riders National Finals at Credit Union Centre this weekend. CONTRIBUTED/PBR CANADA

It's fast. It's dangerous. It only has to last eight seconds. It's a contact sport like you've never seen before.

It's bull riding.

And with the Professional Bull Riders (PBR) National Finals taking over the Credit Union Centre this weekend, it promises to be full of heart-pounding action.

"It's the ultimate contest of man versus beast," said Jason Davidson, event producer. "With over $80,000 in prize money to be found, it's really going to be an amazing show.... It's really exciting, very entertaining."

Davidson said this weekend's championship event is nothing like a rodeo.

"This is a full contact sport.... These bulls are born and bred to buck," said Davidson.

The event will see 35 riders from across the country competing for prize money and the title of national champion. Zeroing in on the title is a homegrown Saskatchewan rider, who will be entering the arena in the top position of the qualifying roster.

"Two-time champion Aaron Roy is looking to get his third championship.... He's from Asquith ... which is pretty important, especially for all the local PBR fans," said Davidson.

This year organizers are hosting the Corral Party, which will be held an hour before the event. The party gives fans a chance to meet and chat with riders, learn more about the sport, and see the bulls up close.

Bull-riding events begin at 7:30 p.m. on Friday and Saturday. Tickets are still available and cost $15 to $70. For more information head to credit-unioncentre.com.

JANE CAULFIELD/METRO IN SASKATOON

WHL

Pats hit road for weekend tilts

The Regina Pats have two away games this weekend.

The Pats (9-12-1) are 3-1 in their last four games.

On Friday the Pats will be in Vancouver to play the Giants (6-13-0), then it's over to Victoria on Saturday to face the Royals (10-10-0), who sit third in the WHL's B.C. Division. METRO

NHL lockout

Daly 'discouraged' as more game cancellations loom

Pessimism is growing around the NHL's stalled collective bargaining talks.

With no future negotiations scheduled, the league is getting close to another round of game cancellations that will further shorten any potential season. Asked on Thursday if the labour dispute had yet put the entire year in jeopardy, deputy commissioner Bill Daly replied: "I hope not."

"But I'm more discouraged now than I have been at any point in the process," Daly added.

The NHL is expected to start wiping games beyond Nov. 30 early next week. There had been hope for a 68-game season starting Dec. 1, but that now appears to be gone. THE CANADIAN PRESS

MLB

Cabrera, Posey named MVPs

Detroit's Miguel Cabrera won the American League's most valuable player award on Thursday after becoming baseball's first Triple Crown winner in 45 years, and San Francisco's Buster Posey was voted the National League honour.

THE ASSOCIATED PRESS

Tigers slugger Miguel Cabrera GETTY IMAGES FILE

Horoscopes

♈ Aries
March 21 - April 20
The more someone tries to blackmail you emotionally, the more you must resist. If you give in to them once, you will be expected to give in again and again. Don't let them intimidate you, today or any other day.

♉ Taurus
April 21 - May 21
This will be a hectic day, the kind when you always seem to be playing catch-up. But you will reach your goal in the end, so keep going. One of the strengths of your sign is your stubbornness — you refuse to be beaten.

♊ Gemini
May 22 - June 21
There is a time to be secretive and a time to be open and this is definitely one of the latter. If you share a problem today it, won't be a problem for long. If you keep it to yourself though, you may never resolve it.

♋ Cancer
June 22 - July 23
If you go to extremes, the consequences could be painful. Saturn in Scorpio warns that where both creative endeavors and affairs of the heart are concerned, you should stay on the straight and narrow.

♌ Leo
July 24 - Aug. 23
If you don't want to get involved in what others are planning, you must let them know immediately. If you keep quiet, they will take that as a sign that you approve and soon you won't be able to back out.

♍ Virgo
Aug. 24 - Sept. 23
If you want something, you will have to go out and get it for yourself. You cannot trust other people to bring it to your door, even if they promised to do so. And if they won't help, why should you share?

♎ Libra
Sept. 24 - Oct. 23
If someone in a position of authority gives you a hard time for no good reason today, the best thing to do is take it. The planets warn that they want you to respond so they can escalate the situation.

♏ Scorpio
Oct. 24 - Nov. 22
Some people like to boast about what they are going to do. You prefer to say nothing and just get on and do it. The less noise you make about your plans today, the more likely it is they will succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
Whatever odds you face today, either at work or in your personal affairs, you must not be intimidated. Fortunately you are a very good actor: You may be scared on the inside but on the outside you appear utterly fearless.

♑ Capricorn
Dec. 22 - Jan. 20
You will meet someone today whose attitude and beliefs are about as different to yours as is possible. They say opposites attract and it is quite likely that the pair of you will form a long-lasting bond.

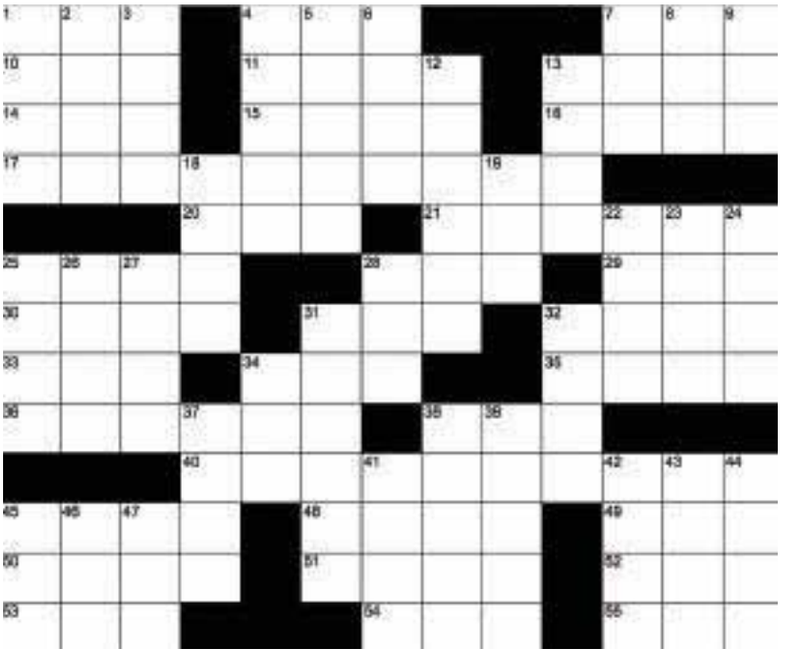
♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to double up on your workload and get everything finished as quickly as possible but is that really such a good idea? Quality work is always preferable to quantity, so take your time.

♓ Pisces
Feb. 20 - March 20
Set your sights high then go even higher. There is little, if anything, that is beyond your reach at the moment, so don't put up with average. Strive to be the biggest and the best at what you are good at.

SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN

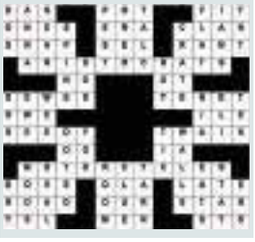


Across

1. Bikini part
4. Dust cloth
7. Genetic component
10. Common suffix
11. Gershwin, and others
13. Avid
14. Deli staple
15. Empty —
16. — Chef America
17. Catapult
20. Eastern Standard Time
21. School room exercise
25. Winter malady
28. Actor Affleck
29. Gold
30. Shopkeeper on Little House on the Prairie
31. Heir, often
32. Bread spread
33. Feeling poorly
34. Morning moisture
35. Lake diver
36. Earth
38. Huge
40. Inwardly
45. Vile
48. "— Brockovich"
49. Wide shoe width
50. Whose — is it Anyway?
51. Fourth largest European river
52. Wheel of Fortune purchase (2 words)
53. Ziering of Beverly Hills, 90210
54. Ever (poet.)
55. Golf term

Down
1. Baby's neckwear
2. Dinner staple
3. Against
4. "Lord of the —"
5. Give it – – (2 words)
6. Savage cut
7. Actor James Van — Beek of Dawson's Creek
8. Prefix meaning recent
9. Columnist Landers
12. Pilfered
13. Smooch
18. Names in the —
19. Just the — of Us
22. Alone
23. Chocolate layer cookie
24. Lunchtime
25. Spring back
26. How I Met Your Mother star — Patrick Harris
27. Pot
28. Child's ribbon
31. Sofa
32. Common German name
34. Rec room
37. Longest river
38. Blackmail
39. Deep inside
41. Perry Mason penner
42. — of faith
43. Actress/singer Horne
44. A — in the Life
45. Daryl Mitchell on Ed
46. By way of
47. Country motel

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	8	3				7	1	
			3		7			
7	2			5			3	4
		8	9		6	3		
3								2
		7	2		5	9		
4	6			9			7	1
			5		4			
	3	5				4	6	

Yesterday's Sudoku

Today 1°/-10° Sunny
Saturday -1°/-3° Partly cloudy
Your #1 weather forecast now available in HD.
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